

CLAIMS

I claim:

- 1 1. A barbell/dumbbell training support device comprising:
 - 2 a base with distal ends;
 - 3 a cross support laterally extending equidistantly from each
 - 4 distal end of the base for a predetermined distance, the cross
 - 5 supports being configured to prevent tipping of the support
 - 6 device;
 - 7 an elongated tray configured to support barbells and
 - 8 dumbbells; and
 - 9 connection elements configured to interconnect the base with
 - 10 the elongated tray.
- 1 2. The barbell/dumbbell training support device according
2 to claim 1, further comprising pads, covers, or elevated
3 attachments attached to ends of each cross support.
- 1 3. The barbell/dumbbell training support device according
2 to claim 2, wherein said pads, covers, or elevated attachments
3 are made from flexible and resilient material.
- 1 4. The barbell/dumbbell training support device according
2 to claim 1, wherein said elongated tray is a generally elongated
3 rectangle having a surface and lengthwise sides with ends and
4 widthwise sides with ends.

1 5. The barbell/dumbbell training support device according
2 to claim 4, wherein said elongated tray further comprises raised
3 edges extending from each of the corresponding lengthwise and
4 widthwise sides of the tray.

1 6. The barbell/dumbbell training support device according
2 to claim 5, further comprising flat barbell support surfaces
3 having edges and that extend along the ends and on tops of the at
4 least one of the raised edges along the lengthwise sides of the
5 tray.

1 7. The barbell/dumbbell training support device according
2 to claim 6, further comprising angled elements extending away
3 from the edges of the flat barbell support surfaces and above the
4 raised edges of the lengthwise sides and toward a center of the
5 tray.

1 8. The barbell/dumbbell training support device according
2 to claim 5, further comprising further comprising flat barbell
3 support surfaces having edges and that extend along the center
4 and on tops of the at least one of the raised edges along the
5 widthwise sides of the tray.

1 9. The barbell/dumbbell training support device according
2 to claim 8, further comprising longitudinally extending angled
3 portions extending from the ends of the widthwise raised edges.

1 10. The barbell/dumbbell training support device according
2 to claim 1, wherein said elongated tray further comprises a
3 protective coating.

1 11. The barbell/dumbbell training support device according
2 to claim 1, wherein said protective coating is similar to
3 protective lining used on truck beds.

1 12. A barbell/dumbbell training support method comprising:
2 providing a base with distal ends;
3 providing a cross support laterally extending equidistantly
4 from each distal end of the base for a predetermined distance,
5 the cross supports being configured to prevent tipping of the
6 support device;
7 providing an elongated tray configured to support barbells
8 and dumbbells; and
9 interconnecting the base with the elongated tray.

1 13. The barbell/dumbbell training support method according
2 to claim 12, wherein said step of providing a generally
3 rectangular cross support further comprises providing pads,
4 covers, or elevated attachments attached to ends of each cross
5 support.

1 14. The barbell/dumbbell training support method according
2 to claim 12, wherein said step of providing an elongated tray
3 further comprises providing the elongated tray with a surface,
4 lengthwise sides with ends, and widthwise sides with ends.

1 15. The barbell/dumbbell training support method according
2 to claim 14, wherein said step of providing an elongated tray
3 further comprises providing raised edges extending from each of
4 the corresponding lengthwise and widthwise sides of the tray.

1 16. The barbell/dumbbell training support method according
2 to claim 15, wherein said step of providing an elongated tray
3 further comprises providing flat barbell support surfaces having
4 edges and that extend along the ends and on tops of the at least
5 one of the raised edges along the lengthwise sides of the tray.

1 17. The barbell/dumbbell training support method according
2 to claim 16, wherein said step of providing an elongated tray
3 further comprises providing angled elements extending away from
4 the edges of the flat barbell support surfaces and above the
5 raised edges of the lengthwise sides and toward a center of the
6 tray.

1 18. The barbell/dumbbell training support method according
2 to claim 15, wherein said step of providing an elongated tray
3 further comprises providing flat barbell support surfaces having
4 edges and that extend along the center and on tops of the at
5 least one of the raised edges along the widthwise sides of the
6 tray.

1 19. The barbell/dumbbell training support method according
2 to claim 18, wherein said step of providing an elongated tray
3 further comprises providing longitudinally extending angled
4 portions extending from the ends of the widthwise raised edges.

1 20. The barbell/dumbbell training support method according
2 to claim 12, wherein providing an elongated tray further
3 comprises providing the elongated tray with a protective coating.